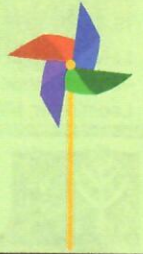


Westminster Council on Aging August 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



**HAPPY
BIRTHDAY
TO ALL SENIORS
CELEBRATING
IN AUGUST!**



To sit in silence at the shore, watch the waves
and hear the surf, is to appreciate the very
breath and heartbeat of the earth.

Doc Zanetti

BANANA SPLIT DAY

WEDNESDAY, AUGUST 25

1:00-2:00 PM

WESTMINSTER SENIOR CENTER



What better way to celebrate National Banana Split Day?

Please RSVP by August 18

978-874-7402

Availability is limited.

Be sure to call EARLY to reserve.

COMPLIMENTS OF:



CONGREGATE MEALS ARE BACK!

Sit-down meals are served Monday through Friday, 11:30 am, at the Westminster Senior Center. Westminster residents 60 and over are welcome to join us for a well-balanced, nutritious meal and friendship. The cost is a suggested donation of \$3.00

payable at time of meal. To view entrée of the day, please refer to the calendar page of this monthly newsletter. Meals are listed at the top of each respective calendar day. If you would like to attend, please sign up by calling the Senior Center at 978-874-7402. **Reservations must be made by 10:00 am the business day prior to your meal. WE HOPE TO SEE YOU!**

Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

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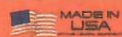


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**ABSOLUTELY MUST REGISTER BY
AUGUST 5TH TO ATTEND!**



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Sorry, No Extra Bags to Go. Must Be Present To Participate.

Sponsored by: Worcester County Reserve Deputy Sheriff's Association



Westminster Outdoor Band Concerts / Wednesdays on Academy Hill

August 4 ~ August 11 ~ August 18

Bring your own chair or enjoy from the comfort of your car.

Please refer to Westminster Town Band on Facebook for event times.

Rain Dates: The day after scheduled concert.

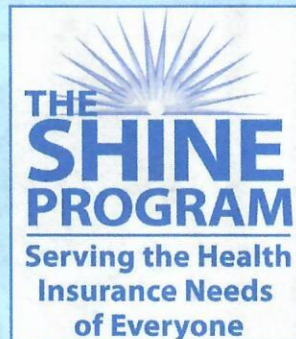


The Westminster Council on Aging Board Meeting will be held Tuesday, August 10, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.

News from SHINE

MEDICARE PREVENTATIVE BENEFITS

Did you know that Medicare Part B covers approximately two dozen preventative benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventative care may help to keep you healthier by preventing illness or detecting medical conditions. For more details, you can visit our website www.shinema.org and click *Part B Preventative Services* under the *Medicare* tab.



MAIL FROM MASSHEALTH

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. These mailings often have deadlines involved and you have to respond by a specific date, or lose your MassHealth coverage. If you get mail from MassHealth that you do not understand, you should contact a family member or friend for assistance. If neither is available, you can contact the SHINE regional office and we will help you understand. Call 508-422-9931, email info@shinema.org, or contact your local Senior Center to make an appointment with a SHINE representative.

PRESCRIPTION ADVANTAGE ~ I'M IN THE "DONUT HOLE". WHAT CAN I DO??

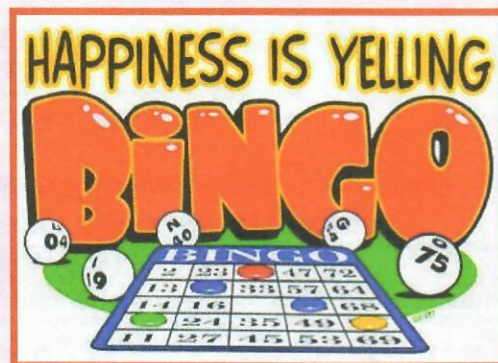
If you have reached, or are about to reach, the gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program.

Call today for more information at 1-800-243-4636.

You can also learn more online at www.prescriptionadvantagemma.org.

B I N G O!

**Westminster Senior Center
TUESDAYS & FRIDAYS
1:00-3:00 PM**



**\$1 Per Card / 3 Rounds / Slide Window Cards Provided
Coffee & snacks available for small donation
Please bring small bills if possible**



Let's Go to the Hop!
SOCK HOP ~ CRUISE IN

Monday, September 20
1:00—3:00 pm
Westminster Senior Center

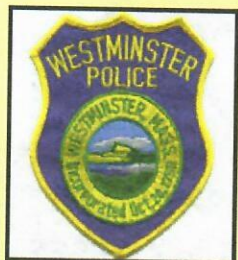
Join us for music, dance, games, & prizes!
Music By: Crystal Entertainment
Light Refreshments ~ 50's style!
Dust off your saddle shoes, poodle skirts,
dig out your school ring, & yearbooks!
Prizes will be awarded for the above & much more!

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Coffee with the Chiefs

Thursday, August 26 / 9:00 – 10:00 am



Join Westminster
Police Chief, Ralph LeBlanc
Fire Chief, Kyle Butterfield

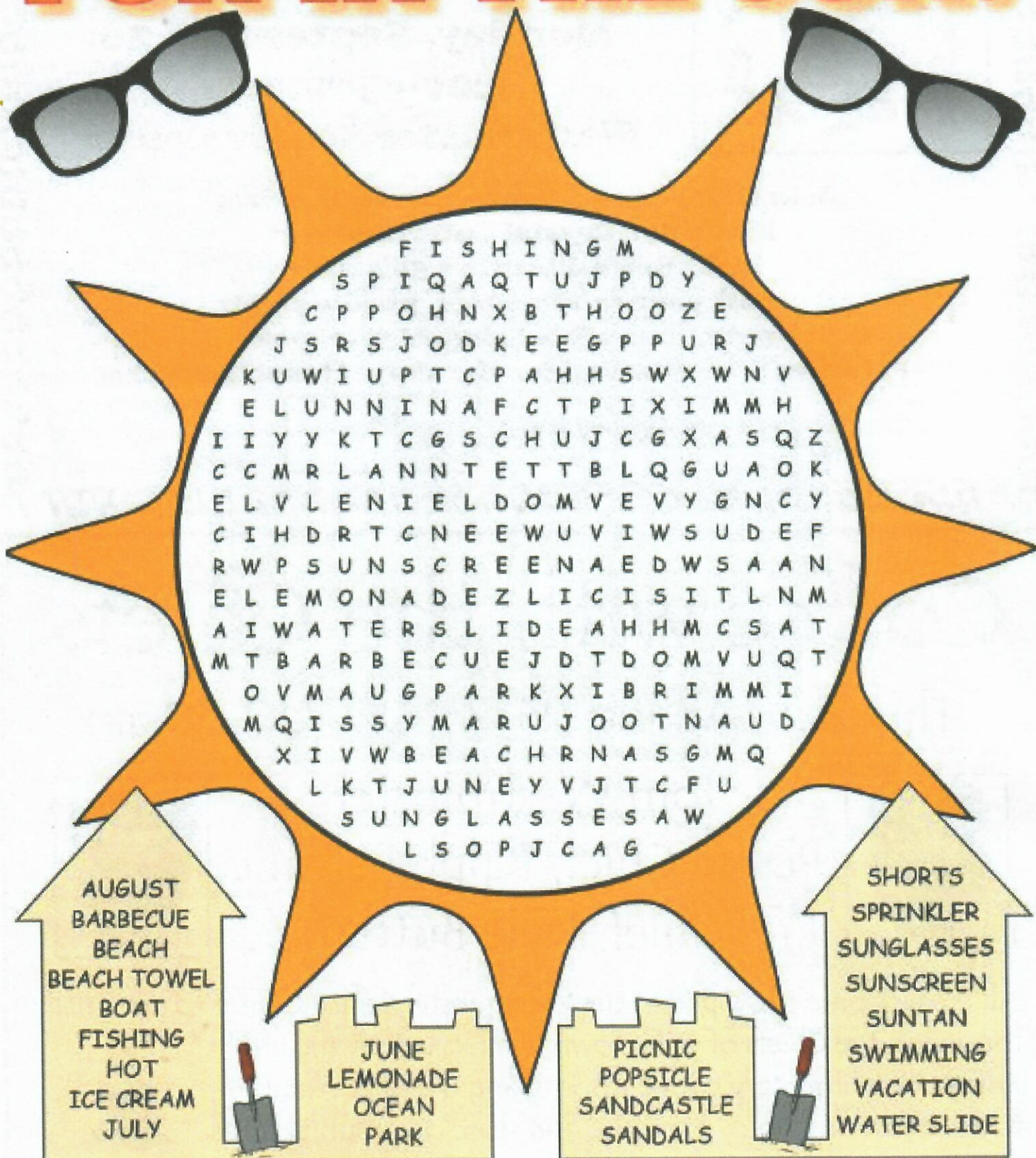


All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting. Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.



WORD SEARCH


FUN IN THE SUN!



AUGUST

Activities

**Monday****Tuesday****Wednesday****Thursday****Friday**

<i>*Cheese Omelet</i> 2 11:30 Lunch 1-4 Mahjong	<i>*Breaded Chicken</i> 3 9-11:30 Art 11:30 Lunch 1-3 Bingo	<i>*Roast Pork w/Gravy</i> 4 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-4 Crafts	<i>*Swedish Meatballs</i> 5 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts	<i>*Beef & Cabbage</i> 6 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Chicken Cordon Blue</i> 9 11:30 Lunch 1-4 Mahjong	<i>*Hamburger w/Gravy</i> 10 9-11:30 Art 11:30 Lunch 11:30 COA Board Mtg 1-3 Bingo	<i>*Chicken Marsala</i> 11 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-4 Crafts	<i>*Roast Turkey</i> 12 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts	<i>*Potato Pollock</i> 13 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Grilled Chicken Breast</i> 16 11:30 Lunch 1-4 Mahjong	<i>*Sweet/Sour Meatballs</i> 17 9-11:30 Art 11:30 Lunch 1-3 Bingo	<i>*Macaroni & Cheese</i> 18 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-4 Crafts	<i>*Meatloaf w/Gravy</i> 19 9-12 Wood Carving 9-11 WOW 11-12 Blood Pressure 11:30 Lunch 1-4 Crafts	<i>*BBQ Pork Sandwich</i> 20 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Baked Pollock</i> 23 11:30 Lunch 1-4 Mahjong	<i>*Beef Patty w/Gravy</i> 24 9-11:30 Art 11:30 Lunch 1-3 Bingo	<i>*Grilled Chicken Breast</i> 25 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-4 Crafts	<i>*Lasagna Roll</i> 26 9-10 Coffee w/Chiefs 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts	<i>*Chicken Teriyaki</i> 27 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Sloppy Joe</i> 30 11:30 Lunch 1-4 Mahjong	<i>*Grilled Chicken Breast</i> 31 9-11:30 Art 11:30 Lunch 1-3 Bingo	 <p><i>If only I could catch my dreams and keep them in a jar, I'd watch them dance like fireflies, flickering like stars. They would grow and I'd let them go to see how far they'd fly, Lighting up the pitch-black night as they soar throughout the sky.</i></p> <p>~ Christy Ann Martine</p>		

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This is your time to live well,
thrive, grow and belong.

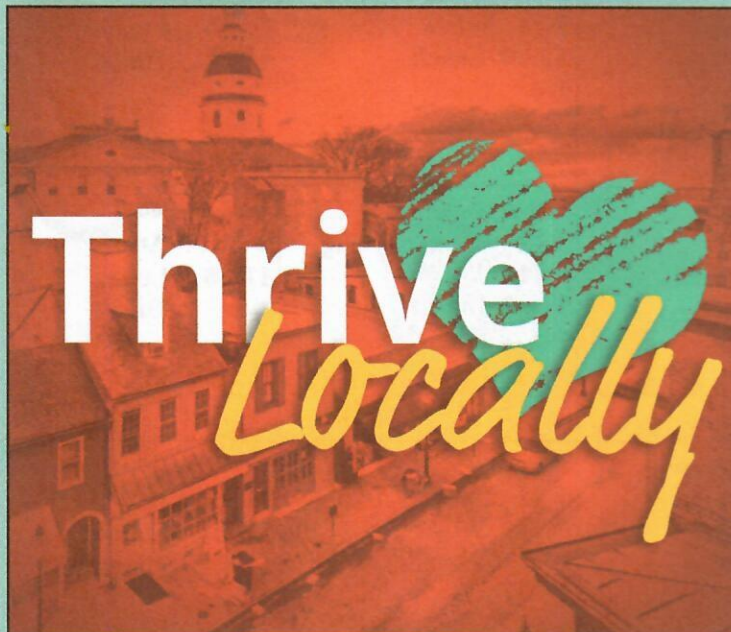
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